Dear fellow Members,

As most of you know we celebrated the club’s 80th anniversary on April 20th. Happy 80th Birthday!

The board of directors and myself are diligently working on plans to renovate the bar and surrounding room. We are reviewing proposals on this project and considering other projects, i.e. the restrooms and main entrance walkway. Many members have expressed the desired to have all of these projects completed simultaneously. Please keep in mind that we are trying to accomplish these projects without incurring additional debt; therefore we must remain patient as we build up our reserves. Besides our rental income, the most effective way we as members can raise revenue is by attending the club functions especially our weekly Friday night dinners. This is our main event that bonds us together. We encourage members to invite guests. Making reservations by Wednesday AM the latest is required for groups of 5 or more, as the kitchen staff needs to purchase and prepare in advance. In recent months we have had a rise in new under 40 year old members join as a result of being a guest at Friday dinners.

We would like to add as many members as possible to sign up for email alerts as we have only 48 names to date. The best way to sign up is to email gcaboto33@gmail.com. Those of you that sign up will start receiving monthly meeting notices further reducing our postal expenses. I check the email account throughout the week, therefore making it easy for you to send a message reserving a table, etc.

Remember that we welcome new ideas and member participation in our events, all of which helps to promote our club, making it more efficient so we can be around for another 80 years.

Sincerely,

Joe Albanese
President
Coffee and Tea have great health benefits. Coffee contains 1,000 plant based chemicals that contribute to our health (Texas Christian University). National Cancer Institute states that coffee drinkers are less likely to die from heart disease, respiratory disease, stroke, diabetes and infections. The institute for Scientific Information on Coffee, showed that moderate coffee consumption lowered rates of Type 2 diabetes by 25 percent, and the American Cancer Society states that four cups per day cuts the risk of oral cancer by 50 percent.

Now, with regard to choosing the right teas you get high levels of antioxidants and polyphenols, so you get all-around health coverage from immune health to anti-aging benefits. (Dr. Pescatore, M.D., "The Hamptons Diet") Tea also has a protective effect against inflammation and cancer growth, especially green tea for lung cancer. (U. Calif.) Interestingly, health benefits have been shown for both caffeinated and decaffeinated coffee and tea, which indicates that there are other compounds in these brews that have tremendous health benefits.

So keep on drinking …. Tea and coffee that is.

Easter Sunday
Easter was March 31st this year for Catholics and other Christians, the earliest I remember. Now the Greeks usually have Easter near the traditional Christian dates, and rarely on the same date, but this year Greek Easter is May 5th - WOW, how did that happen? Well it is really complicated, and there is actually a calendar mathematical formula for it that is too complicated to describe in this article.

The Greek Easter is governed by three main conditions: 1) It must be on the Julian Calendar and not the Gregorian calendar. 2) It must be AFTER the Jewish Passover; 3) It must be on the first Sunday after the first full moon and after the Spring Equinox, which is March 21st. Again, the rest of the explanation is just too complicated to understand and discuss in this article. There are "golden numbers" calculated against certain dates, and a host of other variables to fill the equation. Suffice is to say that the basic difference is that the "Western" Easter uses a different calculation based on the Gregorian calendar created by Pope Gregory instead of the Julian calendar first used by Emperor Julian; and therefore we experienced a March Easter; BUT...this cannot happen under the Julian calendar method.

OFFICERS

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Vice President: Nino Marciano
Treasurer: Matthew Gallante
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Secretary: Sam Vasilie
Bocce Tournament Chairman: Raffaele Cosenzino
Kitchen Chairwoman: Salvatore Burgio
Kitchen Co-Chairman: Joseph D’Alessandro
Co-Chairman Luigi Antolino
Rental Chairman/Agent: Anthony Zazzarino
Membership Committee Chairman: Frank Fioretti

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Editor in Chief:
J. Michael Cantore, Jr.
Associate Editors:
Robert V. Galante
Anthony Gugliemo

The mission of the Caboto/Columbo Club is the cultivation, preservation and promotion of our Italian Heritage

UPCOMING EVENTS FOR 2013

APR 5-12-19-26 FRIDAY 8:00 PM MEMBERS DINNERS
APR 8, MONDAY 7:30 PM TRUSTEES MEETING
APR 12, 7:30 PM MEMBER DINNER MEETING
APR 26, SATURDAY 7:00 PM ANNIVERSARY DINNER DANCE
APR 27, 7:00 PM SATURDAY NIGHT LIVE COUPLES DINNER
MAY 3-4-7-24-31 FRIDAY 8:00 PM MEMBERS DINNERS
MAY 6, MONDAY 7:30 PM TRUSTEES MEETING
MAY 10, FRIDAY 7:30 PM MEMBER DINNER MEETING
MAY 25, 7:00 PM SATURDAY NIGHT LIVE COUPLES DINNER
JUNE 7-21-28 FRIDAY 8:00 PM MEMBERS DINNERS
JUNE 10, MONDAY 7:30 PM TRUSTEES MEETINGS
JUNE 14, FRIDAY 7:00 PM MEMBER DINNER MEETING
JUNE 29, 7:00 PM SATURDAY NIGHT LIVE COUPLES DINNER
JUL 5-12-19-26 FRIDAY 8:00 PM MEMBERS DINNER
JUL 8, MONDAY NO TRUSTEE MEETING
JUL 14, SATURDAY 11:30 AM PICNIC AT VETERANS PARK
JUL 27, 7:00 PM SATURDAY NIGHT LIVE COUPLES DINNER
AUG 2-16-23-30 FRIDAY 8:00 PM MEMBERS DINNER
AUG 5, MONDAY NO TRUSTEE MEETING
AUG 8, MONDAY 7:30 PM TRUSTEES MEETING
AUG 12, 7:30 PM MEMBER DINNER MEETING
AUG 26, SATURDAY 7:00 PM ANNIVERSARY DINNER DANCE
AUG 27, 7:00 PM SATURDAY NIGHT LIVE COUPLES DINNER
SEP 6-28-27 FRIDAY 8:00 PM MEMBERS DINNERS
SEP 9, MONDAY 7:30 PM TRUSTEES MEETINGS
SEP 13, FRIDAY 7:30 PM MEMBER DINNER MEETING
SEP 18, SATURDAY 7:00 PM LADIES AUXILIARY DINNER
OCT 4-18-25 FRIDAY 8:00 PM MEMBERS DINNERS
OCT 7, MONDAY COLUMBUS DAY MARCH & LUNCH
OCT 8, TUESDAY 7:30 PM TRUSTEES MEETING
OCT 11, FRIDAY 7:30 PM MEMBER DINNER MEETING
OCT 26, SATURDAY 7:00 PM HALLOWEEN DINNER DANCE
NOV 1-4-15-22-29 FRIDAY 8:00 PM MEMBERS DINNER
NOV 4, MONDAY 7:30 PM TRUSTEE MEETING
NOV 8, FRIDAY 7:30 PM MEMBERS DINNER MEETING
NOV 30, 7:00 PM SATURDAY NIGHT LIVE COUPLES DINNER
DEC 4-20-27 FRIDAY 8:00 PM MEMBERS DINNERS
DEC 9, MONDAY 7:30 PM TRUSTEES MEETING
DEC 13, FRIDAY 7:30 PM MEMBER DINNER MEETING
DEC 14, SATURDAY 7:30 PM CHRISTMAS PARTY
DEC 22, SUNDAY 11:30 PM CHILDREN'S CHRISTMAS PARTY
DEC 31, TUESDAY 7:00 PM NEW YEARS EVE PARTY

New Members: " We appreciate your joining us an look forward to seeing you often.

Louis Vessesccha, Juan Della Bella, Joseph Marcella, Romeo Lotto, Brian Renda, John Renda, Michael Tirella, Anthony Accocella, Felice Landi, and Joseph Stilo.

Italian Classes for children: Free of charge every Friday at 3:45pm.

Famous Italian: Marco Polo (1254-1324)
Marco Polo was a merchant from the Venetian Republic who wrote II milione, which introduced Europeans to Central Asia and China. He learned about trading whilst his father and uncle, Niccolo and Maffeio travelled through Asia and met Kublai Khan. In 1269, they returned to Venice to meet Marco for the first time. The three of them embarked on an epic journey to Asia, returning after 24 years to find Venice at war with Genoa; Marco was imprisoned, and dictated his stories to a cellmate.

II Milione was translated, embellished, copied by hand and adapted; there is no authoritative version. It documents his father’s journey to meet Kublai Khan, who asked them to become ambassadors, and communicate with the pope. This led to Marco's quest, through Acre, into China and to the Mongol court. Marco wrote of his extensive travels throughout Asia on behalf of the Khan, and their eventual return after 15,000 miles (24,140 km) and 24 years of adventures. Their pioneering journey inspired Columbus and others.

It is also rumored that Marco Polo brought noodles from China into Italy which inspired a major part of the Italian cuisine.

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